

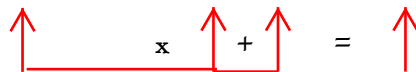
Grocery List Instructions

Grocery Lists for Cooking Matters made with quantities for both in class stations and supplies for take home bags. The state office uses an excel template with an embedded formula which tallies the total quantity of each grocery needed. This template is available on the Cooking Matters page of the FCS website.

If more than one recipe is being prepared for a class, the best practice is to make a separate grocery list page for each recipe.

The template looks like the image below.

Recipe Breakdown/Shopping List							
Site: Washington County							
Date: (Week 3)							
Recipe(s): Chinese Veggies and Rice							
Expected # of Participants: 15 (4 stations with 1 x recipe at each station)							
Item	Quantity Per Recipe	In class use	Take Home	Quantity Needed		Quantity on Hand	Notes
Brown Rice	1 cup(s)	4	15	19	cup(s)	Microwave	purchase par-boiled whole wheat or cook on stove top in pot or prepare in rice cooker
Celery Stalks	2 stalks	4	15	38	stalks		
Broccoli	1/2 pound(s)	4	15	9 1/2	pound(s)		
Carrots	2 medium	4	15	38	medium		
Garlic	1 cloves	4	15	19	cloves		
Tofu-extra firm	1 package	1		1	Optional		
frozen snow peas or green beans	1 package	4	15	19		can steam frozen and add	
Boneless Chicken Breasts	2 medium	3	15	36	medium	can do 24 frozen breasts for take home bags	review safe thawing and storing methods in class
Low-sodium Soy Sauce	1/2 cup(s)	4	15	9 1/2	cup(s)	will need 2 oz. portion cups or if able, can purchase for separate bottles for each.	
Brown Sugar	1 tablespoon(s)	4	15	19	tablespoon(s)		
Canola oil	2 tablespoon(s)	4	15	38	tablespoon(s)		
Cornstarch	1 tablespoon(s)	4	15	19	tablespoon(s)		
Ginger	1 1-inch piece	4	15	19	1-inch piece	Do Ground Ginger	



The grocery list template has a built in formula which will sum the ingredients needed in class use and the ingredients needed for take home grocery bags.

Choosing Recipe/ Recipe Stations

When planning for classes, the number of stations required depend on both the recipe chosen and the needs/ability of the participants in the class. Some recipes may be complex, and have a large amount of food preparation. For recipes like this, fewer stations with more participants may yield a better workflow for the class. The total servings a recipe yields must also be taken into consideration when deciding on how many stations to shop for and set up.

For example, the Chinese Vegetables and Rice yields 4 servings. For a class of 15 participants, a minimum of 4 stations are required. This recipe is complex, with 8 steps on the directions and many ingredients. A group of 3-4 participants is a good number to work together to complete this recipe.

This recipe may also be made with tofu instead of chicken as a teaching tool. To prepare for this, the supplies should be adjusted for 3 stations of chicken, and 1 station of tofu.

If preparing multiple recipes in one class, special attention needs to be given to the recipe yield. Each participant should get a serving of every recipe that is being made.

Should help be needed with planning the logistics of cooking stations, please contact Nichole Brandenburg (Brandenburg.151@osu.edu) or Jenna Haaser (Haaser.8@osu.edu) at the state office for assistance.

Item

Fill in one ingredient per cell in each row.

Quantity per Recipe/ Unit of Measurement

Fill in the ingredient quantity as listed in the Cooking Matters book*.

Fill in the unit of the ingredient needed. This can be individual units such as cloves of garlic, stalks of celery. It can also be measured in volumetric measurements such as cups, tablespoons etc.

*Note that some recipes have edits to ingredient quantity that have been made after the recipe was tested in classes. Nichole Brandenburg will provide guidance if there is such a change in the recipes chosen for a class.

In Class Use

This is the number of stations this ingredient is needed for in class.

Take Home

This is the number of take home bags this ingredient is needed for.

Quantity Needed/ Unit of Measurement

This field will automatically tally the **total** amount of an ingredient needed. This is done by multiplying the Quantity Per Recipe by the total of the ingredient needed for in class use and take home bag.

Quantity On Hand

Items such as spices and oil may be in the equipment bins for the county. Items should be inventoried before shopping. Any ingredients already on hand can be subtracted from the purchase quantity.

Notes

Different kinds of the same ingredient may be purchased depending on the recipe. This is good to detail in notes, as the shopper may not always be the course instructor. Keeping notes on why certain ingredients are chosen over others is also good practice. These insights can be valuable learning points for participants.

For example, for take home bags, frozen chicken may be chosen to be sent home with participants instead of fresh chicken breasts due to price. This can also be a learning point to also teach participants about safe de-frosting/ reheating practices, and discounts on frozen and bulk groceries.